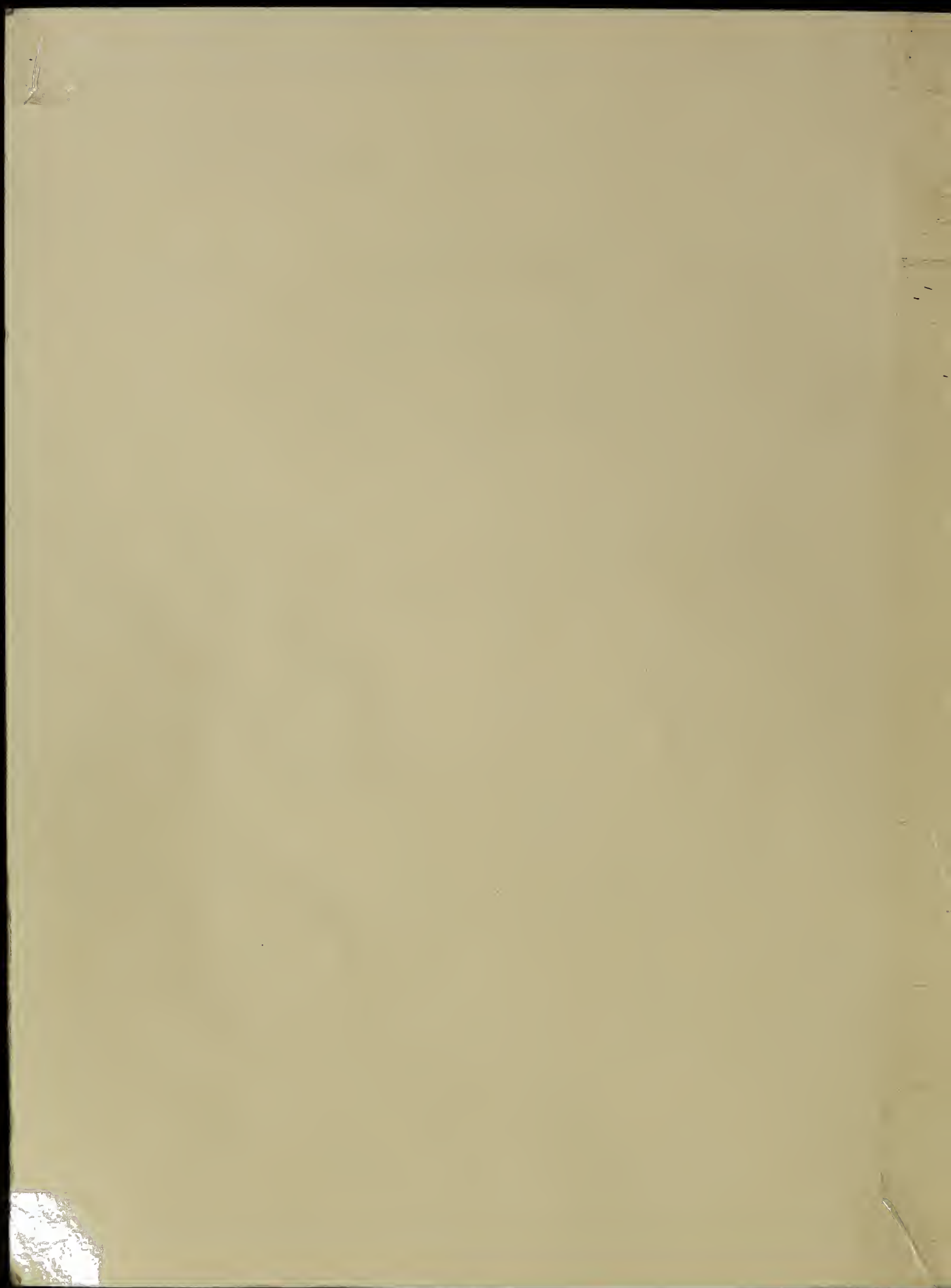


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



A Daily Food Guide

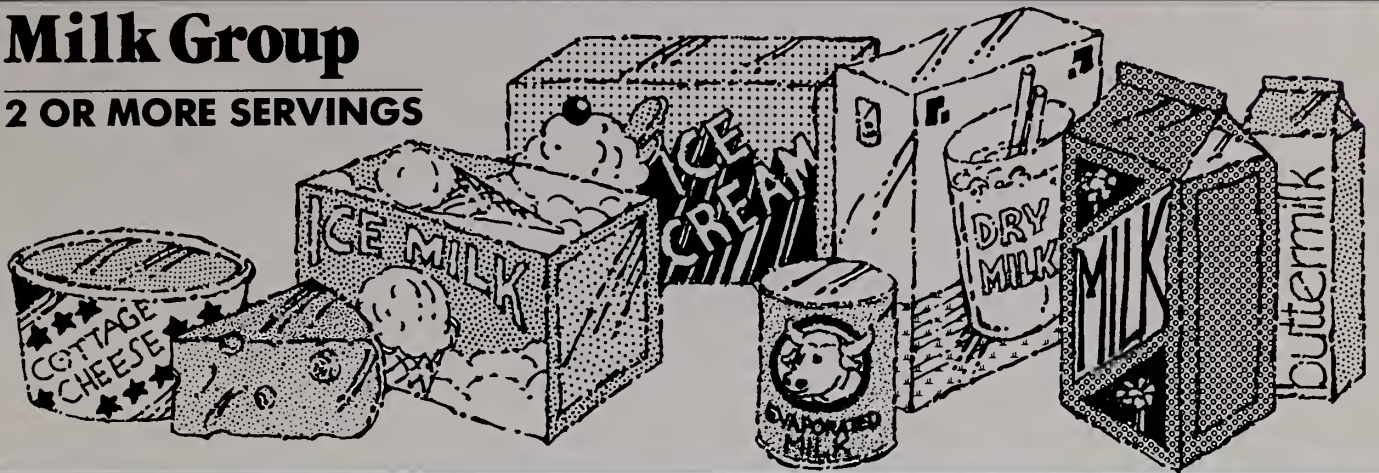
SOME CHOICES FOR THRIFTY FAMILIES

EVERY DAY EAT FOODS FROM EACH OF THE FOUR FOOD GROUPS



Milk Group

2 OR MORE SERVINGS



Meat Group

2 OR MORE SERVINGS



Vegetable-Fruit Group

4 OR MORE SERVINGS

CITRUS,
TOMATOES
AND PEPPERS

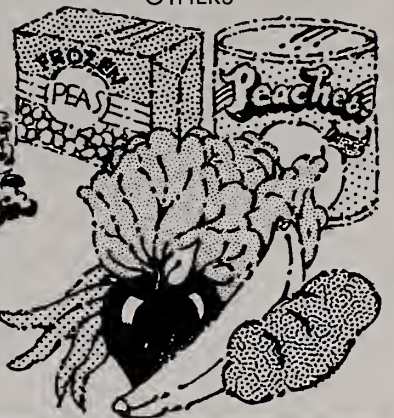


DARK GREEN

DEEP YELLOW



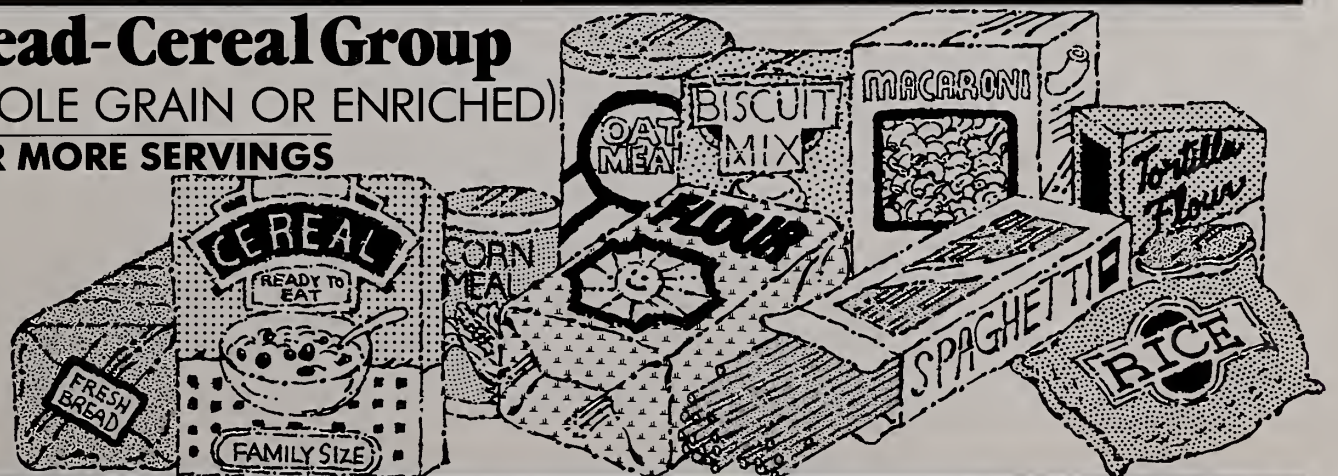
OTHERS



Bread-Cereal Group

(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS



CHOOSE EXTRA SERVINGS
FROM THE FOUR FOOD GROUPS AND,
AS NEEDED, OTHER FOODS SUCH AS BUTTER OR MARGARINE,
SALAD DRESSINGS AND OILS, AND JAMS AND JELLIES
TO ROUND OUT MEALS.

How to Count Daily Servings

FOLLOW THE FOOD GUIDE EVERY DAY!



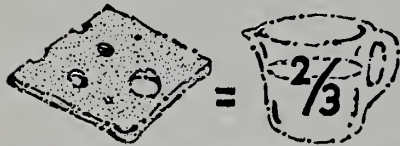
Milk Group

COUNT AS A SERVING
1 CUP OF MILK

CHEESE CAN BE USED
IN PLACE OF MILK
PART OF THE TIME.

1 OUNCE
CHEESE

MILK



COUNT MILK YOU
DRINK AND MILK
IN FOOD YOU EAT.



THIS CHART SHOWS THE
NUMBER OF SERVINGS
EACH DAY FOR:

CHILDREN UNDER 9 TO

CHILDREN 9-12 OR MORE

TEENAGERS OR MORE

ADULTS OR MORE

PREGNANT
WOMEN OR MORE

NURSING
MOTHERS OR MORE



Meat Group

2 OR MORE SERVINGS

COUNT AS A SERVING: *
2 OUNCES OF COOKED
LEAN MEAT, POULTRY,
OR FISH, SUCH AS —

A PIECE OF FISH A HAMBURGER PATTY



YOU CAN USE IN PLACE OF
1/2 SERVING OF MEAT:

OR 2 TABLESPOONS



Vegetable-Fruit Group

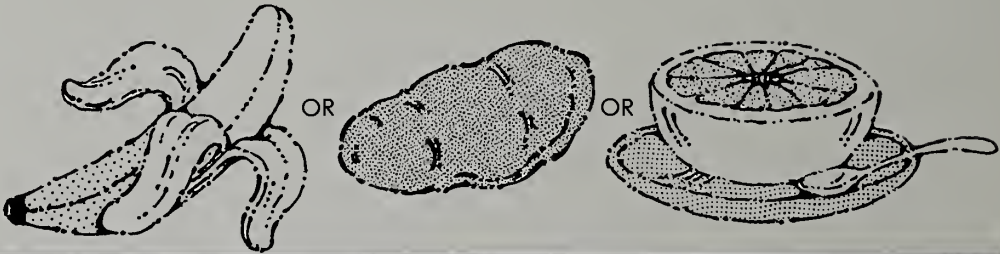
4 OR MORE SERVINGS

COUNT AS A SERVING: *

OR 1 PORTION, SUCH AS —



VEGETABLE OR FRUIT
(RAW OR COOKED)



Bread-Cereal Group

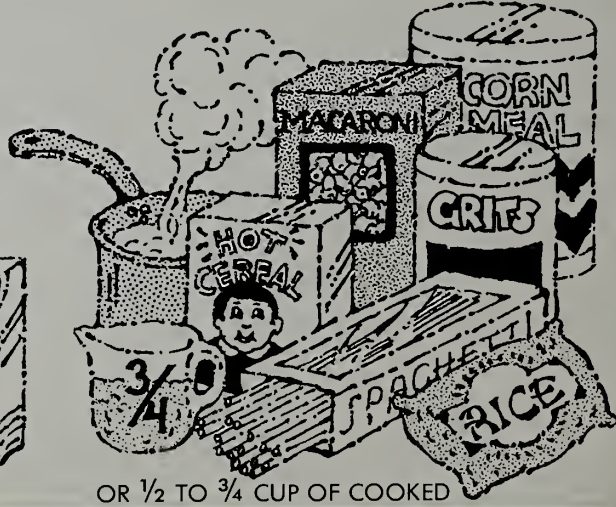
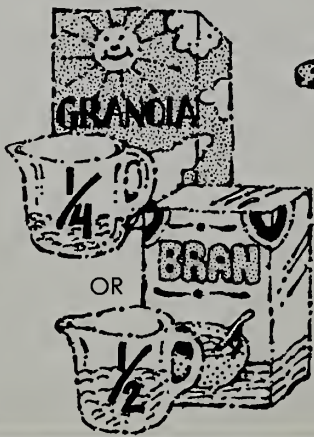
(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS

COUNT AS A SERVING:



FLAKES OR PUFFED



OR 1/2 TO 3/4 CUP OF COOKED

* SERVING SIZES MAY BE SMALLER FOR YOUNG CHILDREN.
† WHERE CHEESE IS USED IN PLACE OF MEAT, IT CANNOT BE USED IN PLACE OF MILK. (SEE MILK GROUP)